

groupX

total body fitness
at camden community center

Your **ALL ACCESS PASS**
to as many of the exercise classes, fitness
room workouts and drop-in gym visits you
can fit into that busy schedule of yours!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:30AM Spinning YOGI -90MIN Studio Lollo		9AM MAT PILATES Studio Lollo		9:15AM YOGA Studio Louiza	8:45AM ZUMBA MPR Ruby
					9AM-1PM BASKETBALL Gym
LUNCHTIME					
12:00pm-2PM BASKETBALL Gym	12:00pm-2PM BASKETBALL Gym	12:00pm-2PM BASKETBALL Gym	12:00pm-2PM BASKETBALL Gym	10:30am-2PM BASKETBALL Gym	
EVENING					
5:45PM MAT PILATES Studio Lollo	6PM SPIN & CORE Studio Diane V	5PM STRETCHING Studio Tuvet	5-8:30PM VOLLEYBALL Gym	Promotions May 1st- July 31st 3 months for \$49 Gym \$75 Gym/Classes	
6:45PM ZUMBA Studio Lollo	7pm- NEW SharQui Bellydance Studio (Sandra)	6PM GENTLE YOGA Studio Louiza	6pm YOGA FLOW Studio Lollo		
		7pm ZUMBA MPR Iesha	7PM ZUMBA MPR Cel		

Get Fit. Be Strong.

Group X Memberships include unlimited access to all group exercise classes, fitness room, and drop-in gym for **one low price**.

For Citywide Group X Schedules, visit our website: www.sanjoseca.gov/prns/fitness

Class Descriptions are on the back!

"Like" us on Facebook for class updates, special discounts and promotions, and to provide feedback!



S – Start Here! All classes are "work at your own pace" but these classes are great for those new to fitness or for the Active Older Adult looking for more.



Parks, Recreation and
Neighborhood Services